



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09008, Apples, canned, sweetened, sliced, drained, heated

Report Date: June 27, 2017 22:54 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.7 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup slices 204g
Proximates					
Water	g	82.28	6	0.694	167.85
Energy	kcal	67	--	--	137
Energy	kJ	280	--	--	571
Protein	g	0.18	6	0.008	0.37
Total lipid (fat)	g	0.43	6	0.030	0.88
Ash	g	0.27	6	0.007	0.55
Carbohydrate, by difference	g	16.84	--	--	34.35
Fiber, total dietary	g	2.0	--	--	4.1
Sugars, total	g	14.84	--	--	30.27
Minerals					
Calcium, Ca	mg	4	6	0.321	8
Iron, Fe	mg	0.24	6	0.013	0.49
Magnesium, Mg	mg	3	6	0.128	6
Phosphorus, P	mg	6	6	0.099	12
Potassium, K	mg	70	6	2.011	143
Sodium, Na	mg	3	6	0.380	6
Zinc, Zn	mg	0.05	6	0.007	0.10
Copper, Cu	mg	0.051	6	0.003	0.104
Manganese, Mn	mg	0.165	6	0.021	0.337
Selenium, Se	µg	0.3	--	--	0.6
Vitamins					
Vitamin C, total ascorbic acid	mg	0.2	6	0.074	0.4

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup slices 204g
Thiamin	mg	0.009	6	0.000	0.018
Riboflavin	mg	0.010	6	0.000	0.020
Niacin	mg	0.081	6	0.028	0.165
Pantothenic acid	mg	0.032	6	0.001	0.065
Vitamin B-6	mg	0.044	6	0.004	0.090
Folate, total	µg	0	6	0.013	0
Folic acid	µg	0	--	--	0
Folate, food	µg	0	6	0.013	0
Folate, DFE	µg	0	--	--	0
Choline, total	mg	3.2	--	--	6.5
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	3	6	0.334	6
Retinol	µg	0	--	--	0
Carotene, beta	µg	24	--	--	49
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	18	--	--	37
Vitamin A, IU	IU	56	6	6.678	114
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	18	--	--	37
Vitamin E (alpha-tocopherol)	mg	0.21	--	--	0.43
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.6	--	--	1.2
Lipids					
Fatty acids, total saturated	g	0.070	--	--	0.143
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.001	--	--	0.002
14:0	g	0.002	--	--	0.004

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup slices 204g
16:0	g	0.058	--	--	0.118
18:0	g	0.009	--	--	0.018
Fatty acids, total monounsaturated	g	0.017	--	--	0.035
16:1 undifferentiated	g	0.001	--	--	0.002
18:1 undifferentiated	g	0.016	--	--	0.033
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.126	--	--	0.257
18:2 undifferentiated	g	0.104	--	--	0.212
18:3 undifferentiated	g	0.022	--	--	0.045
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.002	--	--	0.004
Threonine	g	0.007	--	--	0.014
Isoleucine	g	0.007	--	--	0.014
Leucine	g	0.011	--	--	0.022
Lysine	g	0.011	--	--	0.022
Methionine	g	0.002	--	--	0.004
Cystine	g	0.002	--	--	0.004
Phenylalanine	g	0.005	--	--	0.010
Tyrosine	g	0.003	--	--	0.006
Valine	g	0.008	--	--	0.016
Arginine	g	0.006	--	--	0.012
Histidine	g	0.003	--	--	0.006
Alanine	g	0.007	--	--	0.014
Aspartic acid	g	0.032	--	--	0.065
Glutamic acid	g	0.019	--	--	0.039

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup slices 204g
Glycine	g	0.007	--	--	0.014
Proline	g	0.006	--	--	0.012
Serine	g	0.007	--	--	0.014
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0